

(LCN Connections Issue 11 - May 2014)

**THE WAY OF LOOSH DIALOGUE:  
AN INVITATION TO THE PRACTICE OF LOVE IN BERKLEY, CA**

*by Kathryn Streletzky  
Outreach Facilitator*

I am so delighted to introduce you to Jonathan Wanlass, a consciousness explorer I first met at a holistic expo about 8 years ago. At that time, Jonathan was saving up to attend a graduate program at the California Institute of Integral Studies in San Francisco. Several years later, he contacted me again because of his stated intention to become a workshop leader. And now his intention has come true!

I am so pleased that Jonathan has created something new based upon Robert Monroe's Loosh, or the emotional output of the human energy field.

Emotional energy or "loosh" (noun) as Consciousness Explorer Robert Monroe called it, fuels every thought, action, and experience that we as humans participate in. Loosh Dialogue is the interpersonal practice of experimenting with this energy, to express it, to refine it, to bring more awareness to it, to most of all consciously participate in one's own reception and emanation of this co-created energy, whose most pure form is love.

To "loosh" (verb) is consciously to put into practice the art of emotional intelligence, the art of loving and being Love.

Everything flows through this process and from it, all genuine dialogue is loosh dialogue and all authentic contact is an expression of loosh. In reality loosh is the process and the expression—they are one and the same. To loosh is to be aware. To simply be. To experience what is. To be both the expression and the container. To surrender ideas and ideals of freedom, in order to be free—free to be a conduit of experience and a vessel for creation. So what is taken from this process IS the process...so this process must be experienced in order to understand.

Therefore, the Loosh group experience is a dialogue of emotions, utilizing inner and interpersonal exercises and experiments to evoke the flow of loosh energy. To put another way, Loosh Dialogue is an experimental form of psychological play and exploration designed to amplify our production of distilled loosh or love +.

Jahan Khamsehzadeh, PhD candidate at the California Institute of Integral Studies and longtime participant in Loosh Dialogue has this to say about his experience: "Being in a group

with Jonathan Wanlass shines as one of the most enriching, transformative, and meaningful experiences of my life; the group he facilitated utterly changed the way I experience myself, others, and the world. For three years Jonathan safely led the group deeper, gradually leading us into our depths---guiding us into becoming more whole than ever. The group initiated me into parts of myself that I was not aware of. Jonathan Wanlass is a skillful and gentle facilitator, whose care I rarely see equaled."

So if this sounds like something you might enjoy and grow from, please join Jonathan on select Friday or Saturday evenings in Berkley, California. The introductory events are free, but donations will be accepted/requested at the event to help cover the cost of renting the space. If you have a back jack or a cushion, feel free to bring it to sit upon as the group will spend some time sitting on the floor. If you have any questions, please feel free to contact Jonathan via email at [mindventure@excite.com](mailto:mindventure@excite.com).

P.S. Jonathan requires participants to sign a RELEASE FORM and RULES AGREEMENT FORM prior to or at the event.

In 2012 Nexus Magazine published the following article:

*Far Journeys - The Mystery of Loosh*

Nexus Magazine Feb—Mar 2012

